

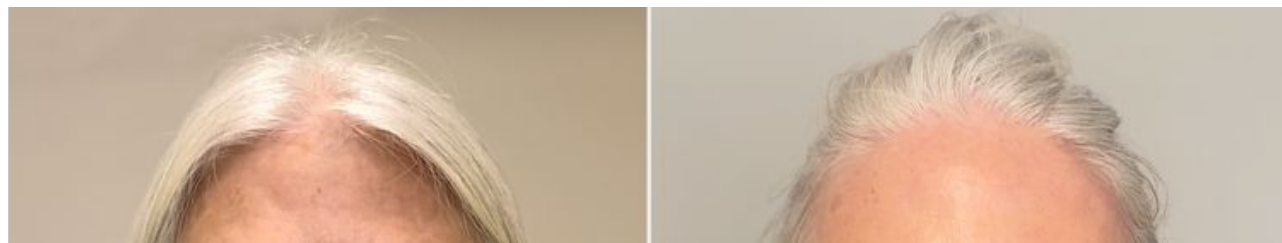
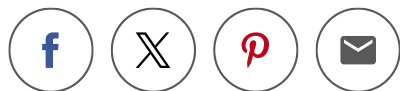
LIFESTYLE > BEAUTY & STYLE > COSMETIC PROCEDURES

Woman, 66, Gets 9 Cosmetic Procedures During 6-Hour Plastic Surgery. Her Transformation Is Jaw-Dropping (Exclusive)

Lisa VerMeer went to Dr. Mike Nayak in St. Louis, Mo., for a deep plane facelift, deep necklift, browlift and more. The two of them give PEOPLE all the details

By **Hedy Phillips** | Published on April 8, 2025 04:00AM EDT

 **23 COMMENTS**





Lisa VerMeer before her facelift and 10 months after. PHOTO: NAYAK PLASTIC SURGERY

- **Lisa VerMeer got a deep plane facelift, deep necklift, browlift, upper and lower blepharoplasty, fat transfer, lip lift, earlobe reduction and CO2 laser resurfacing done with Dr. Mike Nayak in St. Louis, Mo.**
- **She tells PEOPLE her turning point came after she looked in the mirror one night and didn't recognize herself anymore**
- **VerMeer says 10 months post-op, she feels like she got her "mojo" back**

Lisa VerMeer always knew she was going to get plastic surgery. And When she hit her 60s, she decided to take the plunge.

"I've always said from my 30s even, when the bloom's off the rose, I'm going under the knife," she tells PEOPLE with a bit of a laugh. "I just knew I would. I just always knew that. I've always kind of looked young for my age, so I could really push it off for a long time. But finally, when I got to

be 60, it was time to really figure out and make a decision.”

VerMeer says the turning point in her decision came after one evening of looking in the mirror and not recognizing who was looking back at her.



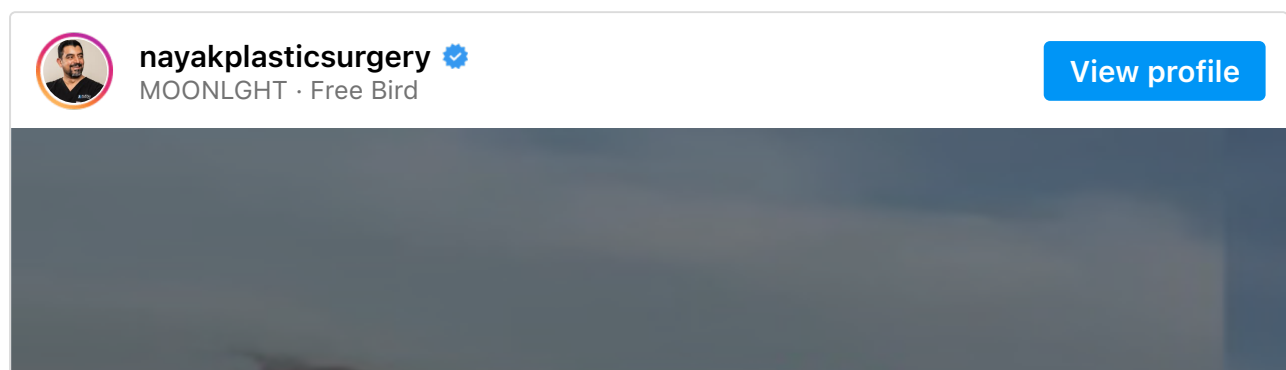
Lisa VerMeer before surgery and 10 months after. PHOTO: NAYAK PLASTIC SURGERY

VerMeer recruited one of her daughters to help her find a surgeon. The mom of three admits she thought she'd have to travel from her home state of Iowa to Los Angeles to find the best of the best.

Her daughter pointed her in the direction of Dr. Laxmeesh Mike Nayak of [Nayak Plastic Surgery](#) in St. Louis, Mo., whom she'd been following on social media.

"I loved that he was in the Midwest like me," VerMeer says of her initial reaction to Dr. Nayak. And once she looked at his before-and-afters, she was pretty much sold. She sent over her information and did a Zoom call but says she had a moment of hesitation, questioning if she'd follow through. But she says she had a "gut feeling" about Dr. Nayak and knew the timing was right, the doctor was right and everything else would fall into place.

But then she had to wait a year on Dr. Nayak's famous waiting list. She was also considering the price, which many people inquire about on Dr. Nayak's social media channels. His pricing is displayed transparently on his [website](#), with deep plane facelifts starting at \$150K. This is the most expensive procedure he offers, and all of the other procedures fall in line after that. However, pricing is tailored to each patient and can be discussed through a consultation.





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Lisa VerMeer before surgery and 10 months after. PHOTO: NAYAK PLASTIC SURGERY

VerMeer, who is 66 now but was 65 when she got her surgery done in June 2024, traveled to St. Louis for the procedure, which is where she met Dr. Nayak for the first time in person.

Her procedures included a deep plane facelift, deep necklift, browlift, upper and lower blepharoplasty, fat transfer, lip lift, earlobe reduction and CO2 laser resurfacing. All of the procedures are done in one go, and Dr. Nayak says VerMeer's surgery took around six hours. He did the lasering during the surgery as well, because that way the patients can "capitalize" on recovery time.

"What Lisa looked like before had nothing to do with who Lisa was because she just looked contracted like everything had come, not just down, but forward into her face," Dr. Nayak tells PEOPLE. "All her features looked smaller and she looked a little bottom-heavy and closed in the face. Part two was her skin had things you think of as aging changes, so wrinkles and brown spots and coarseness."

"She has fantastic cheekbone and jawbone structure," he says. "All I had to do was just reveal, not even augment or improve her cheekbone and jawbone structure, just reveal it so the lower face neck lift was just to show what's there."



Lisa VerMeer 2 months after surgery. PHOTO: NAYAK PLASTIC SURGERY

Patients are the most fragile (and most vulnerable) right after the surgery, and Dr. Nayak tells them they're not "presentable" for two to three weeks. They spend most of that time in St. Louis at his facility so he and his team can keep an eye on the healing process

can keep an eye on the healing process.



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Patients are then sent home to finish healing with instructions to continue maintenance, including with skin care and sun care.

She says she's going to do "everything she can" to protect the "work" that Dr. Nayak did!



Lisa VerMeer before surgery and 10 months after. PHOTO: NAYAK PLASTIC SURGERY

As she has healed from her surgery, VerMeer says the reaction to her procedures has been overwhelmingly positive from her husband and daughters. They've been in her corner cheering her on the whole time, knowing how much it meant to her to do this for her own confidence.

She adds, though, that it's been funny to see how friends — and non-friends — have reacted to seeing her new face.

VerMeer says she's run into a few people recently who have been brazen enough to ask her how old she is and if she's had work done. She says the topic always comes up at cocktail parties (always from people she doesn't know) and after they've had a few drinks and are brave enough to ask. But because she doesn't think plastic surgery should be a taboo topic, she's always happy to answer.

"I don't mind. I am not offended at all," she says. "I'm more than happy to answer. I'm not ashamed of what I did. I just think it's funny the way they ask."



Lisa VerMeer 6 months after surgery. PHOTO: NAYAK PLASTIC SURGERY

VerMeer recently made a visit to Dr. Nayak's facility for a 10-month check-in, where the doctor did add "a tiny drop of filler in the right cheek because it's real life, and building materials are imperfect," he says. But beyond that, VerMeer is thrilled with the results of Dr. Nayak's work.

"My self-esteem and confidence have come back," she shares. "I tell you what happens. I think women kind of become invisible after 50, really. We do. I got my mojo back. I guess that's the best way to put it."



Someone is typing

MA

Maria · 11 min ago

I have had 14 surgeries in my life and will not have any surgery that is not absolutely necessary (plastic surgery) So happy for her because she needed a boost if she was unhappy with the way she looked!

REPLY  1

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LI

Linda · 20 min ago

I wonder if once you get a full facelift, do you have to get more surgery down the road to maintain it?

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Sherry · 13 min ago

Reply To [Linda](#)

It depends on age and weight gain/loss.

REPLY 0

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Aimee · 24 min ago

She looks amazing & like herself, but younger. She definitely had a good plastic surgeon. It seems a lot of the Hollywood ladies end up looking like puppets.

REPLY 1 REPLY 0

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Sherry · 12 min ago

Reply To [Aimee](#)

I agree! She looks beautiful

REPLY 0

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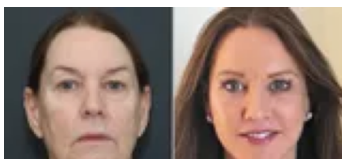


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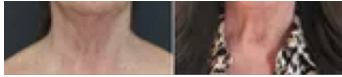
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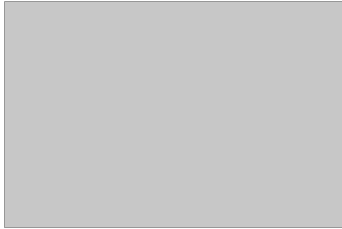
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